

Pantry staples

Checked on _____

Tick what you have, note what is running low, and move the gaps to your grocery list.

Grains and pasta

- | | |
|---|--------------------------------|
| ☐ Rice | ☐ _____ |
| ☐ Pasta | ☐ _____ |
| ☐ Oats | ☐ _____ |
| ☐ Flour | ☐ _____ |
| ☐ Couscous or quinoa | ☐ _____ |
| ☐ Bread or wraps | ☐ _____ |

Tins and jars

- | | |
|--|---|
| ☐ Chopped tomatoes | ☐ Coconut milk |
| ☐ Tomato paste | ☐ Stock cubes or broth |
| ☐ Chickpeas | ☐ _____ |
| ☐ Black or kidney beans | ☐ _____ |
| ☐ Lentils | ☐ _____ |
| ☐ Tuna or salmon | ☐ _____ |

Baking

- | | |
|--|---|
| ☐ Sugar | ☐ Honey or maple syrup |
| ☐ Brown sugar | ☐ _____ |
| ☐ Baking powder | ☐ _____ |
| ☐ Baking soda | ☐ _____ |
| ☐ Cornstarch | ☐ _____ |
| ☐ Cocoa powder | ☐ _____ |

Oils, vinegar and sauces

- | | |
|--|------------------------------------|
| ☐ Olive oil | ☐ Ketchup |
| ☐ Vegetable oil | ☐ Hot sauce |
| ☐ Cider vinegar | ☐ _____ |
| ☐ Soy sauce | ☐ _____ |
| ☐ Mustard | ☐ _____ |
| ☐ Mayonnaise | ☐ _____ |

Spices and dried herbs

- | | |
|--|--|
| ☐ Salt | ☐ Dried oregano |
| ☐ Black pepper | ☐ Ground cinnamon |
| ☐ Garlic powder | ☐ _____ |
| ☐ Paprika | ☐ _____ |
| ☐ Ground cumin | ☐ _____ |
| ☐ Chili flakes | ☐ _____ |

Fridge

- | | |
|---------------------------------------|--------------------------------|
| ☐ Eggs | ☐ _____ |
| ☐ Milk | ☐ _____ |
| ☐ Butter | ☐ _____ |
| ☐ Cheese | ☐ _____ |
| ☐ Plain yogurt | ☐ _____ |
| ☐ Lemons | ☐ _____ |

Freezer

- | | |
|---|--------------------------------|
| ☐ Frozen peas | ☐ _____ |
| ☐ Frozen spinach | ☐ _____ |
| ☐ Frozen fruit | ☐ _____ |
| ☐ Chicken or fish portions | ☐ _____ |
| ☐ Sliced bread | ☐ _____ |
| ☐ _____ | ☐ _____ |

Fresh basics that keep

- | | |
|-----------------------------------|--------------------------------|
| ☐ Onions | ☐ _____ |
| ☐ Garlic | ☐ _____ |
| ☐ Potatoes | ☐ _____ |
| ☐ Carrots | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Running low

Add to the grocery list
